I drink plenty of water to keep my body healthy.

As soon as I rise each morning, I pour a tall glass of water for myself to start the day. My goal is to drink at least eight glasses of water each day.

I drink a glass of water before every meal to get one glass closer to my goal and to help keep me from overeating.

Throughout the day, I take breaks specifically to rehydrate my body. Drinking sufficient amounts of water is essential to my productivity. **My body's level of energy is directly related to the amount of water I drink.**

Drinking water prevents me from becoming lethargic and slow. The more water I drink, the better my body feels, enabling me to be more efficient at my work. If my body is healthy, I am able to focus and give my best performance.

Making time to drink water is easy for me because I understand the benefits of water. I also understand the harmful effects of dehydration on my body.

From my brain to my skin, every part of my body needs water. The more water I drink, the better I feel. My skin is radiant and strong because I drink the amount of water my body needs each day.

When I go to a restaurant, I always order water because not only is water better than caffeinated beverages, but it could also save me an average of two hundred dollars each year in restaurant bills alone.

Today I choose to drink at least eight glasses of water. I embrace my goal with a positive attitude because drinking enough water is easy and beneficial.

Self-Reflection Questions:

1. How can I improve my daily water intake even when I'm away from home?

2. When can I take a water break today?
3. How does my body benefit from water?